

# Physical Activity Counts (PAC) Program

## PAC PERSONAL SCORE SHEET

**PAC Points:** The PAC Personal Scoresheet lets you count physical activity wherever you find it. Using the basis of one point for every 10 minutes of moderate physical activity, PAC is an easy way to set personal goals, challenge others and hold friendly competitions without limiting the kind of physical activity. Ten minutes of walking, swimming, biking, raking or vacuuming; it all earns one point because all physical activity counts.

Start with a goal that is realistic for your current level of physical activity. (Even four or five points a week is OK!) Increase your goal gradually as you learn what you like and how physical activity fits into your weekly routine.

**Format:** The PAC Scoresheet has a grid with days across the top and activity intervals down the side. When you do 10 minutes of physical activity, mark one point in the first box for that day. If you do 20 minutes, mark two points and so on.

**Flexibility:** The PAC Scoresheet is unique in that you don't have to get all a day's physical activity at one time. For example, there are many ways to score three points in a day, including one 30-minute bike ride or 10-minutes of morning exercise plus a 10 minute walk during a work break plus 10 minutes of evening yard work.

	MON	TUES	WED	THUR	FRI	SAT	SUN
10 Minutes Activity							
10 Minutes Activity							
10 Minutes Activity							
Mark additional points here to track up to one hour							

Weekly Points Goal \_\_\_\_\_ Weekly Points Achieved \_\_\_\_\_

\*Points are not awarded for more than 30 minutes of physical activity per day.

Adapted from: Tompkins County, New York, Worksite Wellness Program *Working Well Works*